

Back Packing – Day Hike Food

Food & Water

From the Hiking Merit Badge Book

“Hiking burns energy. Keep your body well-fueled by having a nutritious breakfast before a hike, and then carrying food that will provide calories you need throughout the day.

You may want to take a bag of trail food to nibble on while you walk. Granola is the choice of many hikers. So is GORP – good old raisins and peanuts. Apples, oranges, carrots and bananas are fine snacks too. A solid lunch will see you through the middle of the day. Sandwiches, fruit, carrots, nuts, and raisins are all tasty. Instead of sandwiches you might try crackers with cheese or peanut butter.

Water is even more important to a hiker than food. Fill at least one water bottle before you start out, and sip from it often. In hot weather, you may need to carry several water containers. Treat any water taken from streams, lakes, or springs before you drink it.”

SM Note: You should bring two quarts of water. One is not enough.

LUNCHES / TRAIL SNACKS

Tuna or chicken in foil packages (not cans)

Jerky, hard pepperoni, salami, Slim Jims or summer sausage

Bar's - Power, Wilderness Logs

GORP (Granola/Oats/Raisins/Peanuts) aka "Trail mix"- good to add M&M's, Sunflower seeds, yogurt covered raisins, etc.

Breads/Crackers - good source of Carbohydrates for quick energy

Wheat thins, cheez-its

Tortillas

Bagels

Pita bread

Pilot Biscuits

Fry Breads (Biscuit mix/Corn bread mix made like pancakes)

Pretzels

Spreads/Bread Toppings to use on Breads

Honey

Humus or Bean Spread

Peanut Butter

Sardines

String Cheese

Hard (aged) cheese (something that does not need to be kept cool)

Fig Newtons

Candy Bars (Snickers is a good choice)

Dried Fruits (bananas, etc)

Drink mix (high energy drink mix-measure into zip lock bags before trip)

Repackage items into single serving packages (zip-locks) REMEMBER YOU WILL NEED TO CARRY OUT WHAT YOU CARRY IN.